STRESS RISK FACTORS

- Stress exhaustion and the debilitating effects of stress are usually the result of a *high-risk life-style,* lived month after month, year after year. (Sound familiar?!)

It is the *long term drain,* unmanaged, that wears us out. Not one bad month or even a bad year.

There are *ten risk factors* which increase your chance of stress exhaustion:

1) ***Negative Perception Habits:***

Always looking at the gloomy side; getting up on “the wrong side of the bed” day after day.

2) *Family Pressures:*

These come in many forms and shapes. None of us in families escape their pressures, although sometimes they are more extreme than other times.

3) ***Environmental demands:***

Such as *military* life! These are usually stressors beyond our control, such as: poor job satisfaction, lack of control over our work (kind of/amount/hours, etc.).

4) *Work problems:*

Conflict with co-workers, **boring or tedious work, too much pressure, lack of training to do job well, unappreciative superiors. You know the rest!**

3) <u>Helper Mentality:</u>

Chaplains know this as the “savior complex!” It is in trying to respond to everyone else’s needs all of the time. As admirable as this may be, it is also very draining, and points to a “needy”

<u>without authority, resources, or gratitude:</u>

We all feel this from time to time. Lack of empowerment, not enough time to do the job; no “Bravo Zulu’s” in sight after a job well done; no reasonable

7) *Negative coping patterns:*

Faulty stress valves, i.e.: alcohol/drug usage, overeating, over-sleeping, pouting, temper tantrums, blaming.

3) <u>Personal tragedy:</u>

Trauma and major life changes such as: divorce, death of loved one, a move (PCS) from a secure and well-known and liked place, deployment with unresolved issues prior to leaving.

No purpose, no goals, conflicting values, confused beliefs, lack of loyalty, and just generally not being in touch with what is important to us as individuals and an organization (family/church/temple/t

10) ***Undeveloped stress management skills:***

Relying on the same style of coping for every problem. No creative problem solving. Not learning from past mistakes or failures.

STRESS AND ANGER MANAGEMENT TECHNIQUES

1) **Get enough *rest!***

2) **Get enough**

5) *Accept things* and situations that

6) *Learn to relax* and enjoy the present moment "right here, right now!"

7) Learn to *delegate.*

8) *Break routines* that are

9) *Use relaxation methods* and techniques wherever you are. These can be: reading, talking with friends/mentors, prayer and/or meditation, writing letters to loved ones,

10) *Keep a stress and/or anger log* for two weeks if you feel unusually "stressed-out" or

11) *Allow yourself some degree of*

12) *Reward yourself* when you handle a tough

14) *Do not expect perfection* from

Life is a journey of learning about

16) When all else fails, and stress or anger are out of control, *seek professional help* from your chaplain, medical departments, or the